



Helpful Hints For Using A Breast Pump

When to Pump

If your baby is hospitalized

- ♥ Pump every 2 to 3 hours during day
- ♥ Do not need to wake up during the night

For return to work or school

- ♥ Wait until breastfeeding is well established (2 to 4 weeks postpartum)
- ♥ To collect the milk for the first few feedings that you'll be away, pump early in morning when breasts are full or after a feeding when baby has not emptied both breasts
- ♥ After return to work can pump during break or lunch times, early in morning before baby awakens, or later in the evening after baby is asleep for the night

Preparing to Pump

- ♥ Wash your hands
- ♥ Relax, use deep breathing and relaxation exercises taught in childbirth classes
- ♥ Think about your baby, maybe look at a picture of the baby, bring a baby blanket or article of clothing or something with a baby powder or lotion smell - anything to help you connect with your baby
- ♥ Use breast massage and or warm towel to stimulate let-down

How to Pump

- ♥ Rapid pumping for the first 5 to 10 seconds to begin milk flow
- ♥ Slow pumping, holding vacuum for 2 to 3 seconds watching for stream of milk, release when stream stops
- ♥ Expect to pump for 5 to 10 minutes per breast, then return to first breast and pump again 2 to 3 more minutes for "second letdown"
- ♥ Pumping is a learned skill, don't be discouraged if you don't get much milk at first (maybe just an ounce or less)
- ♥ Pumping should not hurt! If you feel it is not going well, ask for help!

Appearance of Milk

- ♥ Foremilk is the first milk which is thin and watery looking
- ♥ Hindmilk comes at the end of pumping. It contains more fat and is richer looking
- ♥ Fat will rise to top when cooled, just shake to mix in before feeding

When using a bottle, be sure baby is properly latched on to the large part of the bottle nipple (not just the small tip)

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